



THE LEADER

Vol. 37, No. 40

Grand Forks Air Force Base, N.D. ♦ www.grandforks.af.mil

Oct. 11, 2002

Fire Prevention

Stop the flames from invading your home
See Pages 10 and 11 for more

319th Air Refueling Wing ♦ Solano Trophy Winner ♦ Best Base in 15th Air Force

Inside:

Weekend weather

Today	52/25	mostly cloudy
Saturday	38/18	snow flurries
Sunday	38/18	partly cloudy
Monday	45/28	partly cloudy



Weather information courtesy
319th Operations Support Squadron weather flight

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changes
coming**

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Major AEF changes coming in June

By Tech. Sgt. Scott Elliott
Air Force Print News

WASHINGTON — Major air expeditionary force changes are coming beginning with the start of Cycle 4 in June 2003.

People and assets from two on-call wings will be embedded in the 10 AEFs while expeditionary combat support assets from throughout the Air Force will be "leveled."

Also, some Air Reserve Component contributions to the AEF will be realigned.

The changes will enhance the ability of the AEF construct to handle both steady state requirements and surge support for contingency operations, according to Maj. Gen. Timothy A. Peppe, special assistant to the chief of staff for air and space expeditionary forces.

"The thing that everyone needs to understand is (the AEF construct) has worked pretty well," Peppe said. "We know there are issues out there, and leadership is committed to fixing those issues."

The first change involves the 4th Fighter Wing at Seymour-Johnson Air Force Base, N.C., and the 366th Wing at Mountain Home AFB, Idaho. These units, which currently operate in a 120-day rotational on-call status, will have their assets and people aligned throughout the 10 AEFs.

Each will be a lead wing, with aircraft and expeditionary combat support generally focused into two dif-



Photo by Master Sgt. Mark Bucher

A Warrior of the North deployed to Base X works on the tail of a KC-135R Stratotanker in November 2001. The deployed member was part of the 319th Air Expeditionary Group at Base X for Operation Enduring Freedom.

ferent AEF periods to facilitate teaming, Peppe said. Their change in status will not result in the movement of personnel or equipment to other bases.

Besides placing people from these two wings into the overall expeditionary combat support pool, the Aerospace Expeditionary Force Center at Langley AFB, Va., is working to level ECS manning in all rotations.

"We're trying to rearrange ECS assets Air Force-wide so there's a leveling of assets across the 10 AEFs, so the capabilities and numbers are about the same," Peppe said. "This more even distribution of personnel will allow us to support a higher level of requirements."

Leveling the assets will make some airmen vulnerable to deployment sooner than they expected, while others will have their normal training periods extended.

"It may be that some (unit type codes) move from AEF 5 to AEF 3," the general said. "So, instead of having 15

months between cycles, they will have 12. Some are going to move backward, having 18 months versus

319th tankers supporting AEFs all over the world

By Staff Sgt.
Scott T. Sturkol
Public affairs

The 319th Air Refueling Wing is currently one of the busiest wings in the Air Force, officials say, and it's not going to change anytime soon.

Capt. John Swanay, 319th Maintenance Operations Squadron logistics plans office, said the wing is currently supporting air expeditionary forces for Operation Northern Watch (Incirlik Air Base, Turkey) and Operation Enduring Freedom (Base Y).

"Even though we're supporting those two deployed locations right now, we'll also be heavily involved in the AEF 8 cycle coming up in the near future," Swanay said.

The AEF 8 cycle runs from

December through February, Swanay said. During that time, he said the wing will have a "fairly high" amount of people deployed.

Traditionally, once tankers and people are deployed to a location such as Base Y, they stay there until they are replaced by another tanker unit, Swanay said.

319th ARW planes may also have those "short" AEF taskings where they will deploy some where and "build an air bridge" to get aircraft to a specific location.

The unique role of tanker aircraft and how they support the mission with air refueling makes KC-135s a needed commodity at many places, Swanay said.

As a result, an increased the operations tempo throughout the wing may continue in the foreseeable future.



THE LEADER

A home fire is reported to a fire department in the United States roughly every one and a half minutes, officials say. This week is National Fire Prevention Week and base fire prevention officials are getting the word out on how to be safe from the dangers of fire.



Photo by Jay Evett

85%

Air Refueling Effectiveness Rate from Sept. 23 through 29.

5

DWI-free days.
The base gets a down day for 100 DWI-free days.

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Advertisements

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Military plans to defeat domestic issues

Base institutes new standards to prevent domestic violence

By Staff Sgt. Randy Roughton
Public affairs

Even as America's warriors continue to take the fight to terrorism worldwide, military leaders want to make sure people don't come home to wage war on their families.

The military has battled domestic violence for years, but the issue captured massive media attention after Fort Campbell, Ky., suffered six family murders in six months in 1997. All four military branches put renewed emphasis on domestic violence prevention after three of four spouses murdered earlier this year at Fort Bragg, N.C., were killed by husbands when they returned from Special Forces action in Afghanistan.

The Department of Defense had more than 12,000 substantiated reports of domestic violence last year. Domestic violence victims can be male or female, but the woman is abused in 85 percent of all reported cases, according to statistics found at <http://www.actabuse.com>. More than 8,000 active-duty women were abused by their spouses in a five-year period, according to a DOD study.

Grand Forks Air Force Base instituted new standards to prevent domestic violence Oct. 1 to give annual training for all commanders, said Karen GreyEyes, 319th Medical Operations Squadron family advocacy outreach manager.

"We will also incorporate more family violence training in every briefing we do, beginning with the First-Term Airman Center," GreyEyes said.

Domestic violence doesn't have to be battery, but could be any behavior by one person in a relationship to control the other. This could involve name-calling or putdowns, keeping a partner from contacting their family or friends, withholding money, stopping a partner from getting or keeping a job, actual or threatened physical harm, sexual assault, stalking and intimidation.

The Air Force uses a comprehensive approach to deal with family violence. Research and evaluation indicates that prevention and treatment interventions with Air Force families reduce distress and increase family cohesion and marital satisfaction, leading to less use of violence in the home.

"The men and women of America's Air Force are renowned for exemplifying the highest of values and principles," said Gen. John P. Jumper, Air Force chief of staff. "The vast majority of our personnel live by these standards each and every day.

"Unfortunately, there are a few among us who, by their unacceptable actions, fail to live up to those standards.

Who do you call?

Officials urge people who believe they are victims of domestic violence or believe someone else may be, to call the base family advocacy office at 747-7347 or call the National Domestic Violence Hotline at 1-800-799-7233.

Domestic violence is one such example, which has no place in our Air Force and will not be tolerated. Each of us must ensure all of our members understand that domestic violence is inconsistent with Air Force values. This policy is essential to the well-being of our Air Force families and our overall mission readiness."

The family advocacy program seeks to prevent and treat family maltreatment, with the goal of enhancing the health and well-being of Air Force families and com-

munities so servicemembers can focus on the mission and job performance.

Lt. Gen. John Baker, AMC vice commander, calls upon leaders at all levels to take a four-step approach to help prevent domestic violence:

- Orient new members and family members about military and civilian resources available to prevent domestic violence and procedures to report incidents.

- Ensure members attend suicide and violence training in the workplace prevention annual education programs. Invite family advocacy staff to brief supervisory classes. Make certain everyone can recognize the symptoms and knows how to report domestic violence.

- Increase protection for victims through civilian orders and military protective orders.

- Provide first response through a coordinated effort between military family advocacy and civilian community agencies.

319th Medical Group gets facelift

By Capt. Brad Weast
319th Medical Operations Squadron

The 319th Medical Group is going under the knife, so to speak. The base clinic is getting new carpet, paint and in some cases -- walls. The clinic's renovation project is estimated to last approximately 11 months.

This undertaking will involve much of the clinic: it will be done in six phases.

As the project progresses, 319th MDG staff will update their customers with more specifics during that phase of the project so customers will know what to expect when

they visit the clinic.

The first phase of the renovation project will include the old laboratory and the current preventative health assessment office areas. A new location in the clinic for holding PHAs is still to be determined.

During the second phase, the pediatric and women's health clinic areas will be affected.

The third and fourth phases will deal with the family medicine clinic in its entirety. This is the phase that will probably have the greatest impact on patient flow and is a main reason officials will continue to share their

progress as this renovation project unfolds.

The fifth and sixth phases will include renovations to the ambulance service and procedure room areas located at the back of the clinic opposite the main entrance.

In order to ensure access and reduce frustration, officials said they want customers to know what they can do to help them meet healthcare needs while the clinic is in "field" conditions.

No, they won't be outside in a tent, but customers may be going to a different area in the clinic to see their primary care manager, or perhaps using a different entrance.

AMC reviews Year of Warrior Spirit legacy

By Master Sgt. Karen Petitt
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, ILL. — Air Mobility Command is closing out its fiscal-year theme of the Year of the Warrior Spirit, but officials say “this spirit will continue to carry us throughout the War on Terror.”

AMC has spent most of the decade focusing on particular issues within the command, starting with Year of the En Routes in 1997. After themes highlighting the enlisted force, training, retention and recruiting, and families, officials say they are content moving into the future on the heels of the Warrior Spirit idea.

“Basically this last year has focused on areas that we were already doing, whereas in years past, many new initiatives and programs were developed because of the special attention,” said Maj. Glen Downing, YOWS project officer. “In fact, some of the efforts gleaned from the Year of the En Routes are still ongoing as projects, and monies are allocated to improving these areas of our infrastructure.

“However, with Year of the Warrior

Spirit, what we’ve tried to do is recognize our warriors and be creative in continuing to foster morale. Since we’ve built a foundation for our infrastructure, training and quality-of-life issues, we are moving forward without identifying a ‘theme.’”

He said two initiatives from YOWS that will continue are the YOWS dog tag-style coin and the Air Mobility Warrior Award. He said the coins have been a huge success—selling more than 16,000 of them throughout the command.

“The response to the coins has been incredible,” he said. “Base POCs will still be taking orders until January, and if the demand is still high, we’ll keep that up for awhile. The idea for the Warrior Award—a commander’s coin given to a sharp troop at their own discretion—will also continue.”

Commanders give the Warrior Award to those who contribute to the promotion of mobility heritage, enhancement of unit camaraderie and cohesion, or demonstrate improvement in individual or unit warfighter skills and knowledge.

In the end, Downing said, YOWS has been much more about the wings’ local

efforts, than a concerted effort at the headquarters level. He said units from Charleston, McGuire and Pope “really stood out” as examples of went on all over AMC.

Charleston, for example, developed a YOWS “road show” to educate people and organizations on the base’s history, mission, people and involvement in current events. Charleston also sponsored a monthly Warrior Day full of activities designed to increase awareness about YOWS.

McGuire’s 621st Air Mobility Operations Group designed their own Warrior Trading Cards, with people from the unit pictured on the cards, held a combat dining-in, and hosted professional development seminars.

Pope joined efforts with the nationally run “Young Heroes Program” to present medals to children in ages 5 to 17 who demonstrated exceptional courage during treatment for a life-threatening injury or illness.

“Overall, I’m very pleased with every-



one’s efforts in focusing on our mission and recognizing in our great people the Warrior Spirit,” said Maj. Gen. Roger Brady, AMC’s director of operations. “Who knew that when we chose the theme, a month later we’d be involved in the operations of today? The Warrior Spirit theme has been just one rallying point for us, and even though it’s not the ‘official theme of AMC’ it will continue to be an important part of who we are.

“We don’t just stop being warriors, just like we haven’t stopped focusing on our families or retention or our training efforts. We are Warriors engaged in the critical mission of Air Mobility – and we always will be!”

Helps achieve dreams

Black & White Ball, more than song, dance

By Senior Airman Monte Volk
Public affairs

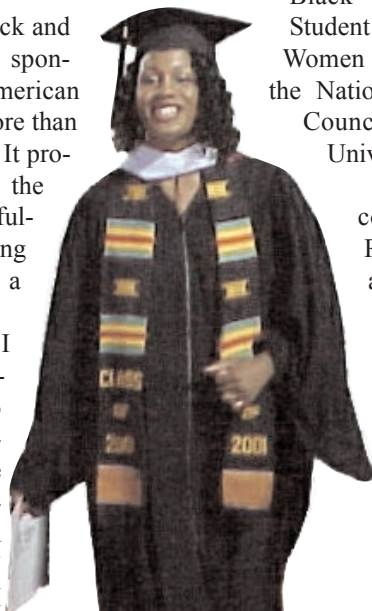
The seventh annual Black and White Scholarship Ball, sponsored by the African-American Cultural Association, is more than a night of song and dance. It provides high school seniors the opportunity to pursue and fulfill their dreams, by awarding a \$1,000 scholarship to a deserving student.

"I was very proud I received the initial scholarship. It was inspiring to have a group of African-American adults recognize my academic and extra-curricular activities," said Desiree Nelson, the 1997 scholarship recipient. "I felt empowered to continue with my dreams. The scholarship enabled me to further my education at a prestigious undergraduate university."

Since receiving the scholarship and leaving Grand Forks, Nelson has not stopped pursuing her dreams.

"I have attended the University of Pennsylvania and majored in psychology and minored in both African American studies and Asian studies, with a concentration of Korea. At UPenn, I was allotted a scholarship that allowed me to travel back to Seoul, Korea, where I took courses at Yonsei University, and worked in Madu as an English instructor for children and business executives," Nelson said.

At the University of Pennsylvania,



Desiree sat on the board of numerous organizations including ONYX, Senior Black Honor Society; Black Student Government; PRISM a Women Group; and co-founded the National Black Intercollegiate Council, based out of Yale University.

During her junior year of college, she became a Ronald McNair Scholar and began graduate school at Johns Hopkins University in Baltimore, Maryland under the 'Teach Baltimore' program.

"I spent my summers taking graduate courses and teaching inner-city youth for summer school, Nelson said.

Now in her last year of her masters at Johns Hopkins, she will receive a Masters of Arts in Teaching: Early Urban Education.

"I also teach third grade full time in south Baltimore," Nelson said. "This is my second year as an elementary school teacher and I am thoroughly enjoying it! I have learned an immense amount of skills in school and from last year's experience."

After she leaves, she plans to enter Harvard's East Asian Department for a degree in Korean Studies.

"Without the AACA's recognition and financial support, I might not have been as inclined to apply to such an expensive and academically rigorous institution," Nelson said.

Briefs

Breast cancer 5K

October is Breast Cancer Awareness Month. Base members can join local supporters 9 a.m. to noon Oct. 19 for a non-competitive five-kilometer walk/run, sponsored by the women's health clinic. Call 747-5559 or 747-5546 for details.

ADC moves

The Area Defense Counsel moved Tuesday. The official address for ADC is 345 Steen Blvd, Bldg 255, Grand Forks AFB, N.D. 58205. Their new building is located between the library and the 319th Support Group building. Phone numbers did not change. For details call 747-3341.

A.S.I.S.T.

The next Applied Suicide Intervention Skills Training workshop is scheduled for Wednesday and Thursday, from 8 a.m. to 4:30 p.m. in the Sunflower Chapel.

The free workshop includes teaching, discussion, videos, and skills practices. Attendance on both days is essential. Civilian attire may be worn. The workshop is open to commanders, first sergeants, first line supervisors, counselors, teachers, family members and community caregivers. Seating will be limited to 40.

For details call Staff Sgt. Melinda Bruce at 747-4460.

Education...free for taking

By Chief Master Sgt. Marvin Crawford

319th Logistics Readiness Squadron chief enlisted manager

The old adage, “There is nothing free in this world,” may have to be revised! Right about now you’re probably wondering what we’re talking about. It’s your EDUCATION!

If you want a lecture on how “you’ll never succeed in this world without an education,” then you should stop right now and call your mom or dad. If you want the facts, keep reading.

Excuse number one: “I would go to class, but I just don’t have the money.”

Answer: As of Oct. 1, tuition assistance is 100 percent. Meaning, the Air Force will pay 100 percent of tuition costs and all fees required for service members enrollment! Also, the cap will be raised to \$4,500 per year/\$250 per semester hour (previously \$3,500 per year/\$187.50 per semester hour). Talk to an education center counselor for more information. Each semester, students can also purchase used books through the college they are attending at a discounted rate, but supplies are limited.

Excuse number two: “I would go to class, but I can’t because I’m taking a career development course.”

Answer: Currently, there is no Air Force policy stating an individual enrolled in a career development course cannot attend classes. In fact, some Air Force Specialty Codes require airmen to take college credits beyond their career development course before they can be upgraded. However, your commander may have a policy precluding enrollment until CDC completion. Check with your chief, supervisor, first sergeant or commander for your squadron’s policies. The mere fact you are asking shows responsibility and interest in bettering yourself both personally and professionally.

Excuse number three: “I would go to class, but I’m a shift worker and can’t take off work to attend.”

Answer: There are several methods of taking classes

besides the traditional classroom setting. Some examples are distance learning, independent study, correspondence, and the Internet, just to name a few. This flexibility allows students to take college courses and work towards a degree while meeting the needs of the Air Force. Talk to an education center counselor for more information.

Excuse number four: “I would go, but I’m too busy studying for testing.”

Answer: Take a look at the following link with the enlisted promotion statistics www.afpc.randolph.af.mil/eprom/statistics and focus in on the percentage of selectees with degrees. Now tell us again how busy you are.

Excuse number five: “I would go to class, but it’s a hassle to call and schedule an appointment at the education center.”

Answer: No appointments are necessary at the education center and walk-ins are welcome. The education center is open Mondays through Fridays from 8 a.m. to 5 p.m.

They are located in Building 252 at 344 Tuskegee Airmen Boulevard. Call 747-3316 or 747-3317 with any questions or checkout their Intranet Website at w3/Units/319sptg/319MSS/edu/index.htm

Excuse number 9,999: We could go on forever with reasons not to attend college. Bottom line — there are no valid excuses if you really want to go.

Do yourself a favor and visit the education center and sign up for just one class.

If it doesn’t work out, then at least you can say you tried it out and it didn’t work for you. Nothing will have been lost except for the time you invested. On the flip-side, it just might work out and start you on a life long journey of education and self-fulfillment.

If you don’t remember anything else from this article, remember this, as of Oct. 1, education tuition assistance is 100 percent for service members enrollment — and classes start Oct. 21. By the way, listen to your parents, they are right.

CGOA has great, exciting year ahead

By 1st Lt. Carrie Kilareski

CGOA president

The base Company Grade Officer Association provides numerous opportunities to further develop young officers into well-rounded leaders of tomorrow. All company grade officers are welcome to join CGOA. There is no membership fee.

Elections for the new staff were held in July, with the new staff assuming their duties in August.

The new CGOA executive staff is composed of:

- ▶ Advisor: Col. Scott Phillips
- ▶ President: 1st Lt. Carrie Kilareski
- ▶ Vice president: Capt. Robert Landis
- ▶ Executive officer: 2nd Lt. Jeff Durand
- ▶ Treasurer: 2nd Lt. Cameron Jackson

Already, this year is off to a great start. At the August meeting, Phillips briefed members on his recent deployment. In September, Maj. Gen. Becker, 15th Air Force commander, held a questions and answers session with CGOA and aircrew. Gen. John Becker stressed the importance of CGOA to all officers regardless of career field. When asked what advice he wished he had when he was a CGO, the general replied that first of all that he should have taken the great advice he was given. Second of all, he wished he had been involved with CGOA. He expressed that at the time he thought as a pilot, he did not need CGOA, but later in his career, he realized how important officer professional development and interacting with officers of other career fields was.

See **CGOA**, Page 7

Airmen depend on their supervisors; be a good one

By Chief Master Sgt. John Page
Oklahoma City Air Logistics Center
Tinker Air Force Base, Okla.

What's the difference between a supervisor and a leader?

As supervisors, you're responsible for your people's actions and for evaluating them according to standards. As leaders, you set the example by displaying integrity, honesty, dedication, fairness and concern for your subordinates. The roles of leadership and supervision go hand-in-hand.

The most important job you'll ever have is being a great supervisor. Our country and the Air Force depend on those who supervise to accomplish the mission.

Supervising is a huge responsibility that can be challenging, rewarding and sometimes frustrating.

I've had 22 different supervisors during my 27 years of service in the Air Force and I can still remember each one's name. They each had a different style and taught me something through their strengths and, yes, even their weaknesses. Today, each one continues to influence the way I supervise.

One of the first things I learned is great supervisors lead by example. This is setting the standard and doing what you expect others to do.

If you expect those you supervise to be at work on time and ready to go, you had better be doing the same. If you encourage your troops to get involved in base and community activities, be out in front of them leading the way.

The second thing I believe a supervisor should do is keep a balance between being mission-oriented and people-oriented. This

is often difficult to do, but if your focus is on nothing but getting the job done, you can fall out of touch with your people.

As a supervisor it's important to know your people and to take a personal interest in those who work with and for you.

Years ago, the term Air Force family was something you never heard. Thankfully, that's changed.

The Air Force knows the importance of family and over the years has adopted many family-oriented programs. We truly are a family and must take care of each other.

Supervisors should take a sincere personal interest in their people -- know their families, their goals and their other interests. Doing so makes it easier for them to approach you when something is going on in their life and they need assistance.

Do your part to keep the balance between mission and the people; you'll be amazed at the results.

A great supervisor also takes time and puts forth the effort to give honest performance feedback. I always thought providing feedback on an outstanding performer would be easy, but many times the task is much more difficult.

Performance feedbacks aren't an option for supervisors, they're a necessity. It takes considerable thought, time and effort to give thorough and honest feedback. I encourage you to take this responsibility seriously because it really benefits the person and shows that you, as a supervisor, care.

Finally, supervisors need to recognize their people for quality work.

People need to know that their contributions to the mission are valued, and that process begins with the supervisor.

CGOA, continued from page 6

The new CGOA executive staff has set the goal of having one social event, one service project, and one professional development trip a quarter.

The plan is to continue the annual trips to Cavalier Air Station and Canadian Region North American Aerospace Defense Command Headquarters, Winnipeg, as well as adding two new annual trips such as possibly Ellsworth AFB and Fargo Air National Guard.

Our upcoming service project for this quarter is having a CGOA team participate in the "Walk for Diabetes." Of course, typically a social gathering occurs in conjunction with the trips and service projects, as CGOs don't

pass up an opportunity to have a good time.

Meetings will be held 11:30 a.m. the last Friday of every month. These meetings will be hosted in a different squadron each month, with brown bag lunches welcome. This allows CGOs to visit squadrons that they might never visit.

Our vision is to strengthen the professional development of CGOs.

A guest speaker during our monthly meetings is one method, in addition to the professional development trips, that this vision will be met. Another method is a new one-on-one mentoring program that started this month.

The new CGOA staff is dedicated to serving the CGOs on this base and to make this organization thrive and be the best CGOA.

Community

Today

PUMPKIN TABLE RUNNER

Sign up today for the skills development center's pumpkin table runner class, to be held 10 a.m. to 3 p.m. Tuesday. Cost is \$10 plus supplies.

TEENSUPREME MEETING

Every Friday for ages 14 to 18 from 9 to 10 p.m. at Liberty Square teen center. For details call 747-3150.

FRIDAYS AT LIBERTY SQUARE

Open Skating at Liberty Square tonight for ages 6 to 18 from 6 to 10 p.m. The cost is only \$3 for admission and \$2 for skate rental!

The teen center at Liberty Square will be open tonight for ages 13 to 18 from 6 to 11 p.m.

Saturday

DANCING AT THE CLUB

Come out to the Club tonight from 10 p.m. to 3 a.m. and dance to "club mix" music with "DJ."

Sunday

FOOTBALL FRENZY

Join the Club for "Football Frenzy" today at noon; NFL Sunday Ticket – a total of four games on at one time!

Monday

WIDOW'S BINGO

Come to the Club tonight while your spouse is watching football – play bingo. Cards will go on sale at 6 p.m., and games will start at 7 p.m., guaranteed a minimum of \$700 given nightly!

MONDAY NIGHT FOOTBALL

Come to the Club tonight for more "Football Frenzy" for a Monday Night Football starter in the sports bar.

CANDY BINGO

Every Monday for ages 6 to 12 from 5:30 to 6:30 p.m. at the youth center.

Wednesday

PARENT ADVISORY MEETING

There will be a parent advisory meeting 4:15 p.m. today at the child development center. The speaker will be Cheryl Moore and will give info on how to prepare your child for pre-school and kindergarten. Parents with children in the child development center, family child care and the youth center programs are invited to attend. For information, call the child development center, 747-3042.

CERTIFICATION AND TRAINING

Basketball coaches certification and training will be today at 5:30 p.m. at Liberty Square.

EVENING DINING AT THE CLUB

The "frontier grill" menu is offered every Wednesday,



Photo by Staff Sgt. Scott Sturkol

Fiesta

Hispanic Heritage Month activities were held Saturday at the community activities center. The activities featured Licanantay, Chilean Musicians, followed by lunch for the whole family.

Thursday and Friday from 5:30 to 8 p.m. at the Club. Wednesday nights are half price starters and Thursday nights kid's menu is half price.

Thursday

PARENT ADVISORY MEETING

There will be a parent advisory meeting 4:15 p.m. today at the child development center.

The speaker will be Cheryl Moore and will give info on how to prepare your child for pre-school and kindergarten.

Parents with children in the child development center, family child care and the youth center programs are invited to attend.

For information, call the child development center, 747-3042.

WINNIPEG SHOPPING TRIP

Today is the last day to sign up for the Oct. 19 trip. Cost is \$15.50 per adult and \$12 for children 12 and under accompanied by an adult.

\$1 LUNCH DAY AT THE CLUB

This is for members only, lunch is \$1 from 11 a.m. to 1 p.m. today, and the menu is meatloaf.

TORCH CLUB MEETING

Every Thursday for ages 11 to 13 from 6 to 7 p.m. For details call 747-3151.

FINE ARTS PROGRAM

Every Thursday is arts and crafts night at the youth center. This is a free program for ages 6 to 12 from 6 to 7 p.m. and ages 13-18 from 7 to 8 p.m.

Upcoming

PUMPKIN PAINTING

Pumpkin painting for ages 6 to 12 at 5:30 p.m. and for ages 13 to 18 at 6:30 p.m. at the youth center. Sign up by Oct 18. Cost is \$2 and includes a small pumpkin and paints.

HALLOWEEN COSTUME DANCE

There will be a teen Halloween costume dance at Liberty Square for ages 13 to 18, from 7 to 9 p.m. Oct 18. There will be a pre-teen Halloween costume dance at the youth center for ages 6 to 12, from 7 to 9 p.m. Oct 19. Cost is \$5, and there will be a prize for most original costume at both dances.

HALLOWEEN CARNIVAL

Buy tickets for the youth center's annual Halloween carnival and haunted house now through Oct. 19. Cost is 5 for \$1 in advance. The event will be held 6 to 9 p.m. Oct. 25 and 2 to 5 p.m. Oct 26 at Liberty Square. Tickets at the door will be 4 for \$1. Tickets are needed to play the game booths, enter the haunted house and purchase food. For details 747-3150

HOLIDAY PARTIES

Need help planning your holiday party? Let the Club help do this. Call Anne at the Club, 747-3392. Members First – receive a 10 percent discount when you book your holiday party on a Monday through Thursday. New members who sign up by December pay no dues until January.

SCOUTMASTER NEEDED

Boy Scout Troop 319 needs a new scoutmaster. Anyone interested should call Master Sgt. Richard Lien at 747-4174 or Chief Master Sgt. Maxwell lang at 747-3264.

Base chapel

CATHOLIC:

Mass: 5 p.m. Saturday, 9 a.m. Sunday.

Daily Mass: 11:30 a.m. Tuesday, Wednesday, Thursday and Friday, all at Sunflower Chapel

CCD: 10:45 a.m. Sunday, Twining Elementary School

Reconciliation: 4 p.m. Saturday, 8:30 a.m. Sunday, or by appointment, Sunflower Chapel

Singles Bible study: noon Wednesday, Sunflower Chapel

PROTESTANT:

General Protestant worship: 10:30 a.m. Sunday, Sunflower Chapel.

Liturgical worship: 10:30 a.m. Sunday, Prairie Rose Chapel.

Inspirational worship: 6 p.m. Sunday, Prairie Rose Chapel

Singles: 6 p.m. Friday, meet at Prairie Rose Chapel annex

Harvest Fest: 3 to 6 p.m. Sunday, Eielson Elementary School

Religious Education: 9 a.m. Sunday, Eielson Elementary School.

Men of the Chapel: noon Monday, Prairie Rose conference room

JEWISH:

For details call Sheila Farquharson at 594-3960 or Synagogue B’nai Israel at 775-5124.

RUSSIAN/EASTERN ORTHODOX:

For details call Dr. Levitov 780-6540

MUSLIM, BUDDHIST, OTHER:

For details call 747-5673.

Base theater

Today, 7 p.m.

Men in Black II (50 cent tickets – PG-13)

Agent Jay (Will Smith), having grown lonely and angst-ridden as an MiB, uncovers a diabolical plot masterminded by Serleena (Lara Flynn Boyle), an evil Kylothian monster that disguises itself as a sexy lingerie model, when he's called to a pizza joint to investigate alien activity. While there he meets Laura, a witness, and sparks fly between them. After some flirting, he decides not to neutralize her. When Serleena takes the entire MiB building hostage, there is only one person left for Jay to turn to — his former partner, Agent Kay (Tommy Lee Jones), who is now a drone in another large government office, the U.S. Postal Service.

Saturday, 7 p.m.

Fear Dot Com (R)

Who gave this site its venture capital, anyway? A police investigator grows suspicious when he notices that each of a group of recent murder victims had visited a Web site called Fear.com just prior to being killed. He suspects that the site is run by a psycho who is playing a deadly game.

Oct. 18, 7 p.m.

Stealing Harvard (PG-13)

John (Jason Lee) and Elaine (Leslie Mann) have vowed to get hitched once they save \$30,000 for their dream house. When they can finally afford to walk down the aisle, John's sister Patty (Megan Mullally) calls with the news that his niece Noreen has been accepted at Harvard. Patty reminds John of his promise to pay for Noreen's college tuition, which costs \$29,879 and is due in two weeks. Unable to tell his girlfriend, John turns to his friend Duff (Tom Green) to help him make the dough in two weeks through petty crime.

Oct. 19, 7 p.m.

City by the Sea (R)

New York City homicide detective Vincent LaMarca (Robert De Niro) has forged a long and distinguished career in law enforcement, making a name for himself as a man intensely committed to his work. But on his latest case, the stakes are higher — the suspect he's investigating is his own son, Joey (James Franco). In the course of the investigation, he discovers that his own unresolved pain and failures as a father have deeply influenced Joey's life, and now his 18-month-old grandson may be fated to follow their self-destructive paths.

Oct. 25, 7 p.m.

Spy Kids II (PG)

This time around, Carmen (Alexa Vega) and Juni Cortez (Daryl Sabara) find themselves on a mysterious island, where they meet an eccentric scientist (Steve Buscemi) and his odd genetic creations, all the while battling a pair of rival spy siblings, Gary (Matt O'Leary) and Gerti (Emily Osment) Giggles. When the kids find themselves in trouble, mom and dad (Carla Gugino, Antonio Banderas) spring into action.

Oct. 26, 7 p.m.

Trapped (R)

A Mississippi physician, Dr. Will Jennings (Stuart Townsend), and his wife (Charlize Theron) take matters into their own hands when their diabetic daughter is abducted by two experienced kidnappers.

Tickets: \$1.50 children, \$3 adults

Fire prevention: It's everyone's business

Time: Fire's ally

Master Sgt. Richard Lien
Assistant fire chief

The clock is ticking. In less than 30 seconds a small flame can get completely out of control. After the smoke alarm sounds, a typical living room fire can become deadly in two minutes or less. In as little as four and a half minutes, a fire has the potential to kill household members. In five minutes, a room can get so hot that everything in it ignites at once. A fire moves quickly, and there is little time to escape.

Every day hundreds of Americans experience the horror of fire. Unfortunately, most fires occur in the home when people are asleep, but many could be prevented.

"NFPA statistics show that, on average, a U.S. household will contact the fire department twice in their lifetime. Despite this fact, NFPA's new survey results clearly indicate that Americans don't think of fire as a major risk in their lives," says Dr. John Hall, NFPA's assistant vice president of fire analysis and research.

Most people don't truly understand or respect fire and only when we know the true nature of fire can we prepare our families and ourselves. According to a survey released by the National Fire Protection Association, 58 percent of 500 Americans surveyed believed they had more



Photo courtesy of base fire prevention office

Battling a blaze is a firefighter's job. When hearing a fire alarm, people should "get out and stay out" until the fire department gives the "all clear."

than two minutes to escape a home fire. Twenty-four percent of the respondents assumed they had 10 minutes or more before life-threatening conditions would develop.

The survey, designed to measure people's attitudes toward fire and the need for escape planning, revealed that Americans have dangerously unrealistic perceptions about fire and underestimate the speed at which it spreads. Furthermore, the survey revealed that most respondents have had personal experience with fire alarms at home and other locations. Unfortunately, a majority of people failed to act, or acted in ways that significantly increased their risk had a real fire occurred.

During a fire, time is a person's biggest enemy and every second counts.

■ Escape first, develop a home fire escape plan and designate a meeting place outside.

■ Make sure everyone in the family knows two ways to escape from every room.

■ Practice feeling your way out with your eyes closed.

■ Never stand up in a fire, always crawl under the smoke and try to keep your mouth covered.

■ Never return to a burning building for any reason; it may cost you your life.

■ Never forget that having a working smoke detector dramatically increases your chances of surviving a fire.

■ Practice a home escape plan frequently with your family.

Each year more than 4,500 Americans die and more than 30,000 are injured in fires. A fire's heat alone can kill. Fire is extremely hot, and the heat is more threatening than the flames. Room temperatures in a fire can be 100 degrees at floor level and rise to 600 degrees at eye level. Inhaling this hot air will scorch the lungs and can melt clothes to skin.

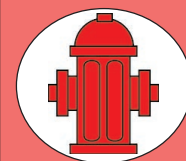
Smoke and toxic gases kill more people than flames do. The odorless, colorless fumes can lull its victim into a deep sleep before the flames reach the door. Fire uses up the oxygen needed to breathe and produces smoke and poisonous gases that kill. Breathing even small amounts of smoke and toxic gases can cause drowsiness, disorientation and shortness of breath.

Fire isn't bright it's pitch black. Fire starts bright, but quickly produces black smoke and complete darkness. If you wake up to a fire you may be blinded, disoriented and unable to find your way around the home you've lived in for years.

"Until people become more knowledgeable about the real potential for fire, especially in their homes, we will continue to suffer thousands of fire deaths and tens of thousands of fire injuries in the U.S. each year," said Hall.

Fire prevention tips

► If you smell natural gas, do not use electrical items. Leave the house right away and call 911 from a safe area.



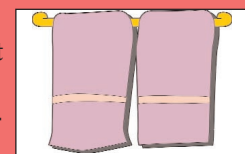
► Never park your vehicles within 10 feet of a fire hydrant. It could hamper Fire Department responses.

► Test your smoke detectors once a month. If they don't work, call 594-9798 (housing maintenance) immediately.



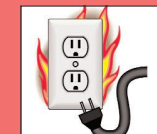
► Do not hang items from the gas lines in your basement. It may cause the lines to weaken and leak natural gas.

► Keep all items away from the stove that could catch fire, such as towels, clothing and curtains.



► "Put a lid" on fires, by using a cover, cookie sheet or other items that will prevent oxygen from getting to the fire.

► Avoid overloading electrical outlets and running cords under carpet and furniture.



► Never smoke in bed, keep matches and lighters away from children. Remember, all fires must be reported.

► Plan and practice a fire escape plan route from every room, identify a place outside to meet in case of fire.



Sometime in a lifetime

Everyone will experience being in a building on fire

By Master Sgt. Richard Lien
Assistant fire chief

Will I have a fire? Will it really happen to me?

Statistically speaking, at some point in your life, you will be an occupant in a building that is on fire.

If I had my way, I'd try everything possible to break those terrible odds and prevent you from experiencing one of the most terrible events possible.

Unfortunately, a home fire is reported to a fire department in the United States roughly every one-and-a-half minutes.

Although we haven't had a house fire that produced structural damage on this base since October of 1999, we can't lose sight of the fact that fire can and will happen to us.

Just as unattended cooking fires are the number one cause of fires in our country, it is also the number one cause of fires in Air Mobility Command. As you've already guessed, nearly all of those fires

were preventable. When it comes to fire-related deaths, improper disposal of smoking materials is the number one culprit. Again, these were preventable.

Unfortunately, candle fires are on the rise in the U.S., and the Air Force as well. In recent years, candles have been associated with more than 10,000 home fires, more than 150 related deaths, and more than 1,000 related injuries each year in our country.

It might surprise you to know that nearly half of these candle fires occurred in the bedroom. Again, these were preventable.

So, it's all "doom and gloom," right? Wrong.

Did you know that all dormitories and housing units have working smoke detectors? That fact alone cuts the death rate by 50 percent. And the fact that your smoke detectors are checked at least annually, means that their in-service rate is extremely high when compared to "off-base" communities.

All you have to do is report malfunctioning detectors to your hous-

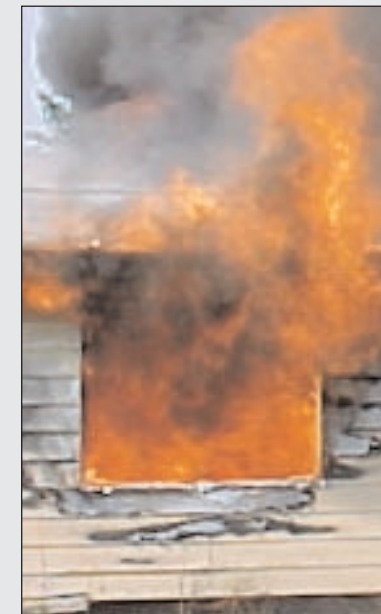


Photo by Jay Evett

In a person's lifetime, statistics show they will most likely be involved in a building fire at least once.

ing maintenance office (594-9798) or your dormitory manager.

The fact that you have an operational fire extinguisher in your home or dorm gives you the added

protection needed when it's time to evacuate.

Did you also know that each of these fire extinguishers is checked at least annually by housing maintenance or a base fire inspector? Although there aren't any firm statistics to back me up, I just have to believe that my chances are many, many times greater of surviving a fire, with quick access to a fire extinguisher.

Here's something else that you need to know. You are protected by full-time, on-duty, professional fire fighters, 24-hours a day. These brave men and women can and will be at the scene of an emergency usually within three to five minutes, day or night, simply by dialing 911. Most folks in our country can't say that.

So know that fires are always a possibility, and that the vast majority of them can be prevented by you and those around you. If you need help it's there. For more details about your fire department, and what you can do to help prevent fires, call at 747-4174.

Fire timeline

- 0:30 Fire ignites and grows rapidly
- 1:04 From first flame, fire spreads and **SMOKE BEGINS TO FILL ROOM**
- 1:35 Smoke layer descends rapidly, temperature exceeds 190 degrees Fahrenheit
- 1:50 Smoke detector at foot of stairs alarms. Still time to get out
- 2:30 Temperature above couch over 400degrees Fahrenheit
- 2:40 Smoke pours into other rooms
- 3:03 Temperature three feet above floor in room of origin is more than 500degrees Fahrenheit
- 3:20 Upstairs hall filled with smoke - escape more difficult
- 3:41 Flashover - Energy ignites everything in room Temperature 1,400degrees Fahrenheit
- 3:50 Two minutes after smoke detector sounds, 2nd exit is the only way out
- 4:33 Flames now visible from exterior of house, at this point rescue may not be possible

Source: National Fire Protection Association



Fire extinguisher training

(Left) A base youth uses a fire extinguisher to put out a fire at the base fire training facility. (Right) Another base youth prepares to use an extinguisher with Jay Evett, base fire department, giving him direction. People interested in getting fire extinguisher training should call Evett or Master Sgt. Richard Lien at 747-4174.



Photos by Staff Sgt. Scott T. Sturkol

Ready to deploy?

Family readiness NCO explains how to be ready when call comes

By Staff Sgt. Scott T. Sturkol
Public affairs

The age of the air expeditionary force is in full swing and now, more than ever, military members need to be ready to deploy.

Tech. Sgt. Mike Johnson, family readiness noncommissioned officer at the family support center, said it's never too early to start getting ready for a deployment, extended temporary duty or remote assignment.

"Personal preparedness should be a full-time commitment in making sure the active duty member and family members are prepared at any time," Johnson said. "Active duty members as well as spouses should attend the family readiness/personal preparedness seminars at the family support center as soon as possible after arriving at Grand Forks, and then attend annually. Refresher training at any time is also encouraged."

Before leaving on that TDY, remote or deployment, Johnson discussed some things people should do. Mainly, he said, is that people need to make sure all of their personal affairs are in order.

"These include your finances, making sure all your bills will be paid while you are gone such as rent, car payments, and utilities," Johnson said. "There are also legal issues that have to be ready such as having a current will and powers of attorney, making sure your identification card and your family member's IDs are current, and verifying your family members enrollment in the Defense Enrollment Eligibility Reporting System."

Johnson said people also need to have in place their emergency plans, family care plans and how to contact extended family members in case of an emergency.

"Knowing the helping agencies and key people will be most important," Johnson said. "These include, among others, family support

center, Red Cross, family advocacy, chaplains, life skills center, health and wellness center, and the services family member support flight – just to name a few."

Without exception, Johnson said, very significant resources to people who are deploying are their commanders, first sergeants and co-workers.

"Undoubtedly, the most important resource is you," Johnson said. "Prior to deploying, make sure your vehicle is in good running condition. If someone else is going to be driving your car while you are gone, make sure they are covered on your insurance. Also, let your spouse know where all the documentation is on your vehicle to include maintenance records."

For success to be had, Johnson said family members must be actively engaged in personal preparedness and communicate openly with the military member.

"The more involved and supportive the family member is, the less stressful the situation will be," Johnson said. "Family members should also remember to maintain their normal routines and traditions while the active duty member is gone. Whether it be routine vehicle care through the 'Car Care Because We Care' Program or social outings for children through the Company Grade Officers Association Youth Mentoring Program, families can not only 'maintain,' but 'thrive' during these periods of separation."

Whether the military member is married or single, communication is one of the most important things in making the separation successful, Johnson added. Using the family support center services such as the Air Force Aid phone cards, "Hearts Apart" morale calls, videophone calls, Car Care Because We Care, and "Give Parents a Break" child care will add to the success of any deployment, extended TDY, or remote assignment.

"Emergencies or just everyday problems can arise, and communication plays a vital role in how easily things can be dealt with," Johnson said. "Small problems can become big problems if there is a lack of or breakdown in communication."

- **AEF**, from Page 2

15 months, because the AEF Center is trying to match ECS assets, where possible, to where the 'iron' is moved."

For example, if F-16 Fighting Falcons from Mountain Home are assigned to AEF 7, the plan is to have Mountain Home expeditionary combat support assets in the same AEF.

"Is that causing some fluctuations? Yes, but the AEF Center is minimizing the shuffling," Peppe said. "Our assessment is that the AEF alignment of perhaps 10 to 12 percent of airmen will be affected by this fine-tuning."

The third change involves distributing Air Reserve Component assets across the AEFs to provide a more consistent level of the workload for the reserve component.

"The Air National Guard and Air Force Reserve contribute significantly (to the AEF construct) with aviation and support assets," Peppe said. "If you look at how they're postured right now, you'll see that they're heavily weighted in AEFs 7, 8, 9 and 10."

Better distributing the ANG and Reserve forces is especially important considering that ARC aircraft and people are also heavily involved in Operation Noble Eagle, Peppe said.

Sports

Upsets abundant in intramural flag football playoffs

By Senior Airman Monte Volk
Public affairs

Set. Hut! Intramural flag football playoffs snap into action. The base's elite-eight, battle it out to capture the coveted base championship and most importantly, bragging rights.



Photo by Senior Airman Monte Volk

Michael Owens, quarterback for 319th Communications Squadron, scrambles to pick up yards against the 319th Transportation Squadron. Trans beat Comm to advance to the semi-finals. Comm will try to come back through the losers bracket.

The double elimination playoffs kicked off Monday with number one seed, 319th Aircraft Generation Squadron (still named 319th AGS because they started the season with the name), defeating the number eight seed, 319th Civil Engineer Squadron, 34-6; the number two seed, 319th Transportation Squadron (still same name

for team - same as start of the season), defeated the number seven seed, 319th Operation Support Squadron, 18-16; the number three seed, 319th Supply Squadron (still same name for team - same as start of the season), was upset by the number six seed, 319th Mission Support Squadron, wing staff and finance, 26-6 and the number four seed, Communications Squadron, won by forfeit, over the number five seed, 319th Medical Group.

Tuesday's winner's bracket matchups were highlighted by AGS getting upset by MSS 20-18 and TRANS beat COMM 18-12 to move into the semi-final game.

The loser's bracket saw CES beat Supply 20-14 and OSS downing MDG by forfeit.

Wednesday's winner's bracket matchups were highlighted by MSS continuing the upsets by defeating TRANS 38-12 to move in to the championship game on Tuesday at 6 p.m. The loser's bracket saw AGS beating CES 20-0 and COMM edging OSS 19-13.

The winner of the AGS and COMM game Tuesday night at 5:30 p.m., will play TRANS Monday night at 7 p.m. to advance to the intramural flag football championship game against MSS.

The winner will need to defeat MSS in two straight games to claim the title.



Photo by Senior Airman Monte Volk

Jeffrey Durand, quarterback for the 319th Mission Support Squadron, leads the team into the championship game next week.

Shorts

Base Warriors

The base Warriors volleyball team won their first outing in the Grand Forks Parks and Recreation League Sunday night. They defeated "Team 2520" 15-5 and 16-14.

Youth Galaxy bowling

Saturdays at Dakota Lanes for ages 9 to 12 from 6 to 8 p.m. and ages 13 to 15 from 8 to 10 p.m. Cost is \$2.50 per hour and 75 cents for shoe rental. Need 10 to hold; must sign up at the youth center to attend.

Basketball registration

Basketball registration ends today. The season starts the end of October; with practices starting Oct. 29 and games beginning the week of Nov. 12. Cost is \$30.

Tournament Tuesdays

Every Tuesday, the youth center holds tournaments for ages 9 to 12 at 5:30 p.m. and ages 13 to 18 at 7 p.m. Tuesday's tournament is singles pool.

Certification, training

Basketball coaches certification and training will be Tuesday at 5:30 p.m. at Liberty Square.

Outdoor recreation

Duck and Goose Hunts (dates are tentative) – Oct. 19, 26 and Nov. 2. Outdoor recreation's duck hunts are open to four people while our goose hunts accommodate six to eight. The dates listed above are tentative and specifics on whether we hunt duck or goose will be announced. For details call 747-3688.

Lifeguard training

Outdoor recreation's lifeguard class continues through Oct. 21 on Saturdays and Sundays. For details call 747-3688 and to sign up.

Dakota Lanes bowling

The bowling center now has the following bowling activities.

► **Unlimited bowling:** Sunday from 6 to 9 p.m. \$5 per person unlimited bowling, first come first serve.

► **75 cent bowling:** Monday, Wednesday and Friday from 11 a.m. to 1 p.m., 75 cents a game.

► **Saturday galaxy bowling:** Galaxy bowl and register to win the next Saturday galaxy bowling free for you and one other person. Must be used the following Saturday night. Cannot be carried over to any other Saturday night.



Photo by Jane Kesler

Air Force Marathon

A record number of 3,160 participants ran in the full 26.2-mile and four-person relay teams at the Fifth-annual Air Force Marathon at Wright-Patterson Air Force Base, Ohio. The Grand Forks runners were: Kathleen Concannon, Adam Denhartog, Danielle Zulfer, Clyde Kidd, Cherie Hand, William Foster, Kathryn Heille, Robert Landis Jr., Kevin Marmillion, Sergey Luzhanskiy, Mark Kimball, Jim Bridges, Tim Carlson, Doug Tarbett, Paul Texidor, Terry Mills, Tim Fair and Michael Gilliland.